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**CRUZ
BABY ON WAY
FOR NEWLYWED
DISH** {page 21}



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Wednesday, September 15, 2010
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CFL. Tillman



► Eric Tillman is introduced as the Eskimos' new general manager in Edmonton yesterday.

IAN JACKSON/THE CANADIAN PRESS

Eskis court controversy with Tillman

Eric Tillman, a three-time Grey Cup winner, had been the general manager of the Saskatchewan Roughriders and the architect of their 2007 Grey Cup win, but left in January after pleading guilty to sexually assaulting his 16-year-old babysitter in 2008. Story, Page 28.

A triumph of human spirit

Triathlon medallist the true definition of a fighter {page 6}

How to properly job-hunt online

Beware of the 'black hole,' say career counsellors {page 26}

Mom makes plea for son's return

► Jordan Darda, 20, has been missing since Sept. 6, but foul play not suspected ► Police have released photos of his 2000 Ford Ranger pickup truck

KRISTA SYLVESTER/METRO CALGARY

As she fought back tears, an Airdrie mother pleaded for her missing son to come back home after he disappeared more than a week ago after he had gone on a solo camping trip.

Jordan Darda, 20, was last heard from by friends on Sept. 5 when he sent a text message, but the man hasn't been seen since he said he was camping in Jasper National Park alone.

His visibly distraught mother Darlene spoke briefly at a news conference in Airdrie yesterday and begged for her son to come home.

"Jordan if you hear this, please come home. We love you and we miss you," she said through tears.

"Your grandpa is in the hospital and he'd really like to see you."

Airdrie RCMP Const. Robert Frizzell said Darda is an experienced camper but has never gone alone before.

"Normally he goes with friends (and) he does have some experience in that area.

"We have some indication to believe it was near a lake," Frizzell said.

Police believe Darda may be near his 2000 Ford Ranger truck, with grey cloth seats that is missing the trim on the front



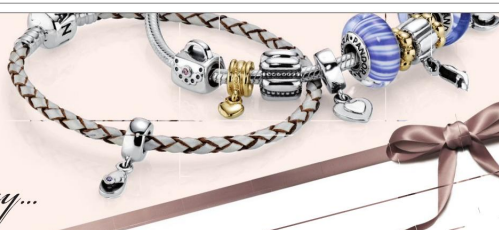
► Airdrie RCMP Const. Robert Frizzell shows a picture of the missing man, Jordan Darda.

bumper and has a "Dakine" white sticker in the back window.

● KRISTA SYLVESTER

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Candidate would sell part of Enmax

Mayoral Candidate Craig Burrows says if elected, he will help fund new rinks and soccer facilities by selling a portion of Enmax.

The former alderman made the declaration yesterday, saying he would create a \$300-million Enmax Community Investment Fund by selling the company's power plant construction business.

"Enmax was initially set up to provide electricity to Calgarians. It now is involved in the risky power-generation sector," Burrows said. The fund would be used to build six new rinks and eight indoor/outdoor soccer facilities, he added.

● KRISTA SYLVESTER

Trial for child death postponed

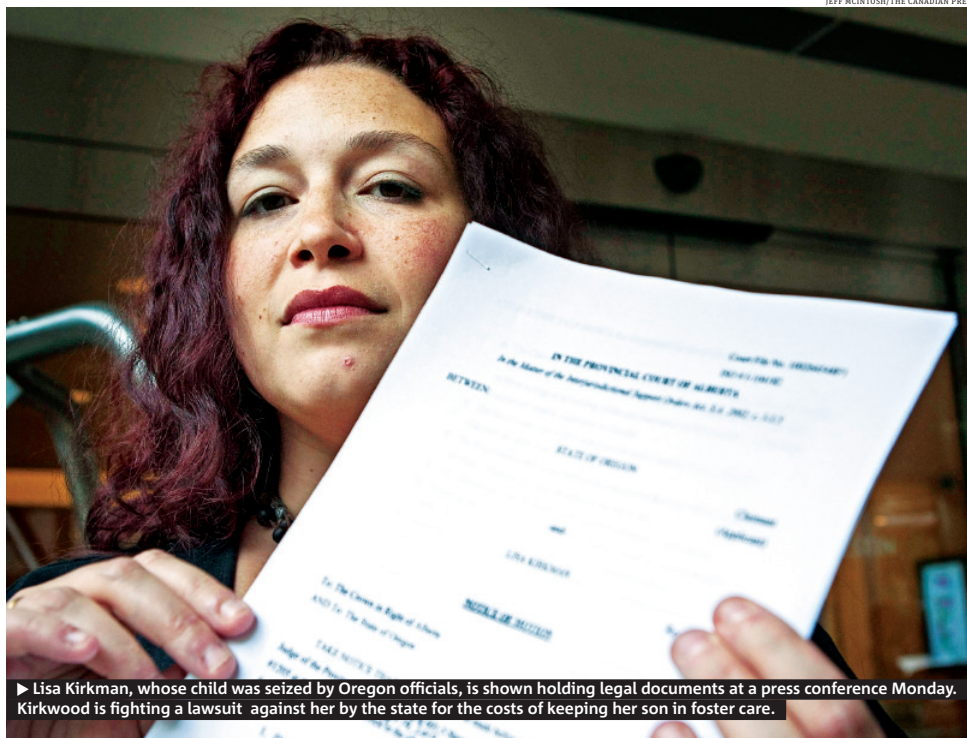
A woman accused in a toddler's death at a southern Alberta day home has appeared briefly in court.

But the case against 24-year-old Erin Jackman has been put over to Oct. 14 because her lawyers are still waiting for information from the Crown.

Jackman is accused of manslaughter and failing to provide the necessities of life.

She was charged after a 19-month-old girl from a Medicine Hat day home died in a Calgary hospital in July.

Police were called in to investigate a report that a baby with severe head trauma had been brought to the Medicine Hat hospital. **THE CANADIAN PRESS**



► Lisa Kirkman, whose child was seized by Oregon officials, is shown holding legal documents at a press conference Monday. Kirkwood is fighting a lawsuit against her by the state for the costs of keeping her son in foster care.

Case against mom delayed

► Lisa Kirkman got her son back from Oregon in June after a long battle

There will be a three-month delay in the case of a Calgary woman being sued by the State of Oregon for costs after her son was seized and put in foster care.

Lisa Kirkman and her legal team spent an hour in court yesterday going over the paperwork involved in the suit.

The state was represented at the hearing by officials with Alberta Justice

18 Court was told that if needed, the state has up to 18 months to provide information not on file.

who were acting as a "friend of the court."

Kirkman's lawyer, Daniel Mol, says many questions remain about the amount being cited in the claim and some information not on the file.

Kirkman, who is coun-

tersuing, says she is prepared for a lengthy battle. The case is scheduled to return to court on Dec. 14.

Noah was 10 when he was seized in 2008 during a summer spent visiting his stepfather, who wasn't considered a legal guardian.

The boy had been stopped several times by police for riding without a helmet and playing in areas he shouldn't have

been.

Oregon officials said they became concerned when they discovered he had social services files in Canada.

But Kirkman has said the files were open to enable Noah to access mental health programs for his special needs, which include a severe form of attention deficit hyperactivity disorder.

THE CANADIAN PRESS

1

news



News on the move

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Allan Small on what investors should look out for as interest rates rise.

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Auditor to examine city's books

► Report is to be presented to council before February 2011 ► Council approved \$1M for review, Pincott said the cost will be less than that

City of Calgary procurement practices will once again be under the microscope as an independent auditor gets set to investigate.

Following allegations of fraud made by the city's former auditor in mid-May, council made the decision to conduct a review.

The city announced its selection yesterday of Deloitte and Touche LLP, which Ald. Brian Pincott, chair of the audit committee, said he hopes will quell concerns.

"We've got to clear up all of those allegations of fraud that were floating around," said Pincott. "It's

a big piece of work."

Deloitte will be looking into high-risk procurement activities, as well as attempting to clear up the conflicting stories between the city manager and former auditor, said Pincott.

Eric Sawyer, Calgary's chief financial officer, said

that while fraud may have been alleged, he hopes Deloitte will restore the city's reputation.

"We certainly have found no evidence and have no reason to believe there's impropriety or fraud and we're now turning it over to Deloitte," he said. ● KATIE TURNER

MAYORAL CANDIDATE

Review may be too late: Lord

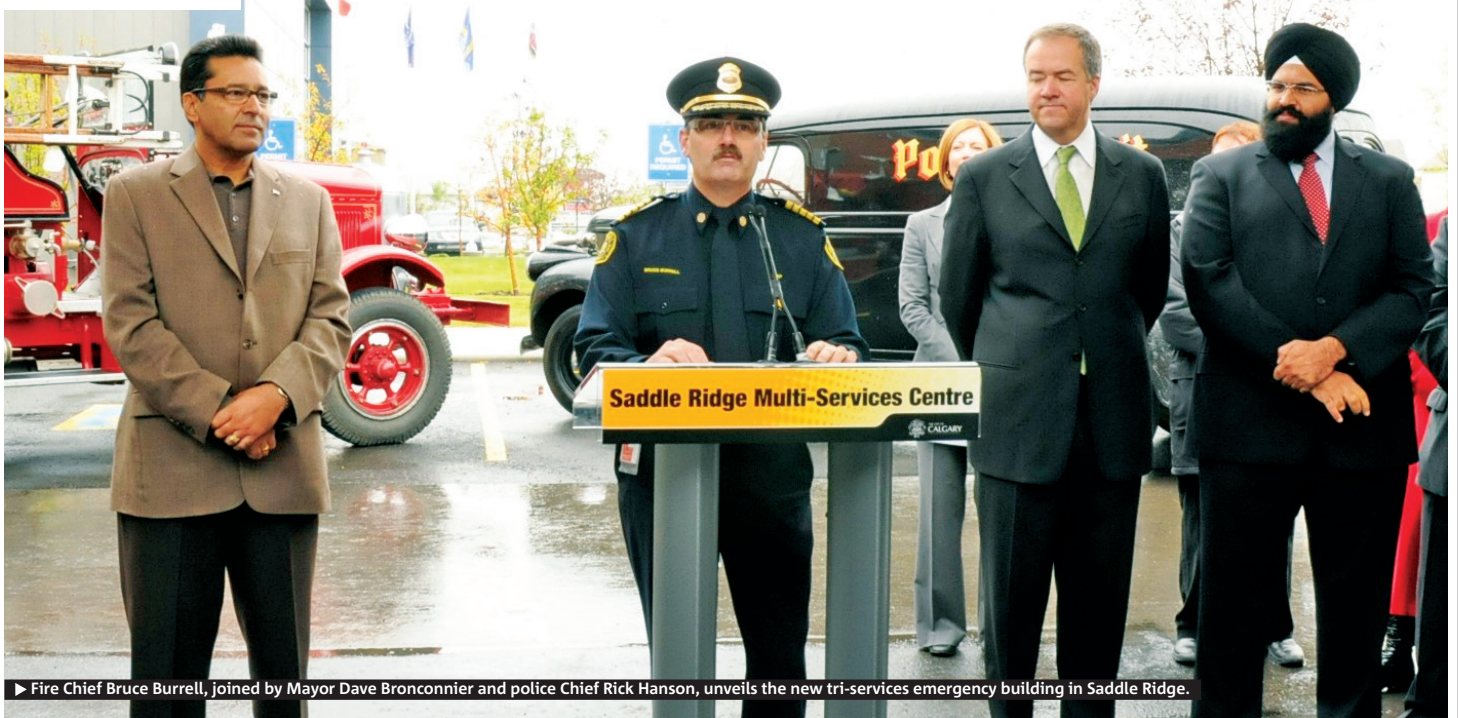
Former alderman and mayoral hopeful Jon Lord said that while the independent review is

needed, it might be coming too late.

"Bottom line is they've already identified serious concerns. The question is, what are they going to do about it?" he said. "Having the results come in well after the election, I think, also does not engender confidence."

● KATIE TURNER

Building. Triple threat



► Fire Chief Bruce Burrell, joined by Mayor Dave Bronconnier and police Chief Rick Hanson, unveils the new tri-services emergency building in Saddle Ridge.

MONIQUE MASSIARI/FOR METRO CALGARY

Tri-services building officially opens

The \$28.24-million Saddle Ridge Multi-Services was opened for service yesterday. The 52,100-square-foot facility was completed two months ahead of schedule and is consolidating Police District No. 5 and Fire Station No. 32.



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News in brief



Talk to us on poverty: MLA

POLITICS. Dave Taylor, Independent MLA for Calgary Currie, is calling on the Alberta government to begin a conversation with Albertans on a poverty reduction strategy for the province. Taylor is urging his fellow members in the standing committee to finalize recommendations on minimum wage policies for Alberta when the committee meets today in Edmonton.

● METRO CALGARY

Driver dies in car wreck

CRASH. Police are looking into whether seatbelt usage and running a red light caused a fatal collision in the city's southwest yesterday. Police say one person died in the collision when a Ford F150 was broadsided by a GMC Savanna in the intersection of 46 Avenue and 37 Street SW around 7 a.m. One driver was ejected and pinned under one of the vehicles and pronounced dead on scene. ● METRO CALGARY

Navy marks 75 years

PARADE. Canada's navy will be celebrating its 75th birthday on Saturday with a parade of sailors, Canadian Forces members and cadets. It begins at 10:55 a.m. and will go from the Lancaster building on 8th Avenue to city hall. Macleod Trail in front of city hall will be closed. ● METRO CALGARY

'I just kept fighting and fighting'

► Triathlete has survived three motor vehicle accidents and Huntington's disease ► Hopes her athletic success will inspire others



KATIE TURNER
CALGARY@METRONews.ca

Nothing can slow Kim Wedgerfield down.

In 1989, Wedgerfield, now 52, was in a serious car accident, which left her with severe brain injuries that weakened the right side of her body.

She used her injury as motivation and began competing as a paratriathlete in 1997. However, the setbacks didn't stop there.

"I was, ironically, diagnosed with Huntington's disease in 2002," said Wedgerfield of the degenerative brain condition.

Then in 2004, she was struck by a car while riding her bike; and in 2007,

was hit by a truck while driving.

After her last accident, doctors told her she likely wouldn't run, swim or bike again.

"Six weeks after I got out of the hospital, I went on to compete in Edmonton and qualify there to race in the 2007 Hamburg World Championships," she said.

Wedgerfield has now been a gold and silver medalist in four World Triathlon Championships, including one last weekend in Budapest where she snagged silver.

"I just kept fighting and fighting," she said.

"I'm so grateful when I cross that (finish) line, I'm just so ecstatic."



Kim facts

- Wedgerfield swims using one arm, bikes with her left leg and runs with the support of a walker or canes.
- She hopes to one day see paratriathlon as a Paralympic sport and she wants to compete.
- She has qualified for the 2011 World Triathlon Championships in Beijing.
- "I want to be there," she said. "I've worked really hard and that's one of my hopes and dreams."
- She said her main goal is to inspire others with physical disabilities to become active.

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Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then SAIT's two year, Exploration Information Technology diploma program is for you.

Join us on Wednesday, September 15 at 7:00 pm in Room T-230 in the Thomas Riley Building.
Call 403.210.5753 or E-mail: sharron.li@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, September 15 at 7:00 pm at the Centre for Rail Training and Technology, Buck Crump Building, SAIT Mayland Heights Campus, 1940 Centre Avenue NE.
Call 403.210.4150 or E-mail: rail@sait.ca to confirm your attendance or for more information.

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Budget cuts may delay new northeast library

- City of Calgary grappling with \$60-million shortfall
- Hours, days of operation in budget crosshairs



KRISTA SYLVESTER
@METRONWS.CA

Potential library budget

cuts may delay a much-anticipated northeast community library, according to the Calgary Public Library CEO.

Gerry Meek explains a shortfall might cause a delay in the opening of the new Saddlestone branch. "It's almost built, it would be furnished, but we just might not have the

money to operate it," Meek said, adding no final budget decisions would likely be made until after the October election. The public library's share of the city cuts could be \$3 million.

Patients urged to book CLS appointments online

Booking appointments, either by phone or now online, is the direction Calgary Laboratory Services wants patients to go.

People who show up without appointments are having to wait longer to be seen because 40 per cent of people are already booking ahead, and that was before Sept. 1 when CLS started providing online booking, according to officials.

"We're very excited. It's a lot more efficient and we hope our patients take

21M

The number of tests Calgary Laboratory Services conducted in 2009.

advantage of it," spokesperson Daphne Kuchinski said, adding 3,000 people have used the system in two weeks.

Patients with appointments will be given priority over those who walk-in.

"We hope to have 80 per cent of our patients use the system eventually," Kuchinski warns that mornings are the busiest time, but patients can be in and out much quicker in the afternoon.

● KRISTA SYLVESTER

DEBATE

Mayoral candidates take to Twitter

Twitter was abuzz with dialogue last night between mayoral candidates and Calgary citizens. Kirk Schmidt of Calgarypolitics.com said he believes it's the first time social media was used as a cornerstone of dialogue

for mayoral candidates and citizens.

"It's really unique and we noticed there have been about 900 people talking about the election on Twitter so we thought we'd see how this would go," he said, adding he was hoping for more than 100 people participating.

Schmidt said while the debate began last night, he believes there may be enough back and forth dialogue to last until the election.

● KRISTA SYLVESTER

TD donates \$500K to Mount Royal

Mount Royal has received its largest donation since becoming a university from TD Bank Financial group. The organization contributed \$500,000 to the Bissett School of Business to go towards bursaries for students majoring in business.

Mount Royal first became a university in September of 2009.

● METRO CALGARY

Traffic deaths on the decline

Traffic fatalities and injuries are dropping in Alberta, and 2009 was the second consecutive year to see a decrease, according to officials.

In spite of increases in population, drivers and vehicles, traffic fatalities decreased 14 per cent from 2008 to 2009, and traffic injuries also dropped 13 per cent.

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Larocque to fight for old job

► Former Ward 3 alderwoman enters civic race ► Served from 2004-07



KATIE TURNER
CALGARY@METRONEWS.CA

Despite losing her position as Ward 3 alderwoman in the last election, Helene Larocque has entered the 2010 civic race.

In 2007, Larocque lost her seat to current alderman Jim Stevenson after facing some criticism from her constituents.

"When you're in public office, you're going to re-

"When you're in public office, you're going to receive criticism. However the majority of people were happy with me."

HELENE LAROCQUE

ceive criticism," said Larocque. "However the majority of people were happy with me."

Larocque said she was motivated to run again because members of her community were encouraging her.

"Essentially, they're not satisfied with the current representative and

they haven't seen any results from him so they were pleased with my results-driven type of approach."

She said she would focus on creating a better transportation system in Ward 3 and said she believes an improved C-train system is more important than an airport tunnel.



► Helene Larocque

Construction. Truck tipped



► Safety code officers from the city issued a stop work notice yesterday.

KATIE TURNER/FOR METRO CALGARY

Truck gets some air

Construction of the Luna project at 12th Avenue and 10th Street has been halted after a cement truck lifted off the ground. No one was injured and it's unclear what caused the incident.

Taxpayers could pay for oilsands cleanup

An environmental think-tank says Alberta taxpayers could have to pay billions of dollars in oilsands cleanup costs because of inadequate government regulation.

A Pembina Institute report suggests current financial guarantees that energy companies must make as a last resort for cleaning up the oilsands could amount to as little as one-twentieth of the real cost. In the worst-case scenario, that could leave a liability of up to \$6,300 per taxpayer.

"The true cost of cleanup

is being under-reported and hidden from Albertans," Simon Dyer, one of the report's co-authors, said yesterday.

Operators are required to post letters of credit or other sureties to ensure there's money for reclamation of oilsands sites in case the companies are either unwilling or unable to pay. They estimate the required amount themselves.

"There's no publicly available information as to how the Alberta government validates that," said Dyer. "There's no third-party assessment of that."

The Pembina report found that the industry has a total of about \$820 million in such guarantees for remediation.

THE CANADIAN PRESS

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EDSON MURDER

Man gets 18 years in girl's death

An Alberta man who admitted he strangled a 14-year-old girl out for a walk will serve at least 18 years in prison.

Ross Edward Kleman, 45, pleaded guilty last spring to the second-degree murder of Emily

Stauffer two years ago in Edson. The conviction carries an automatic life sentence with no chance at parole for 10 years, but Justice L. J. Smith ruled Kleman can only apply after 18 years.

An agreed statement of facts detailed how Kleman strangled Stauffer and slashed her throat. It also included descriptions of the weapons used, the results of DNA tests and details of video confessions he made.

THE CANADIAN PRESS

Police seek gas station fire suspect

Police are looking for an individual that allegedly broke the front window of an Esso station at the intersection of Hwy. 1 and Hwy. 817 and lit it on fire using gasoline, according to Strathmore RCMP.

The suspect is described as 20 to 30 years old, wearing a black hoodie, black jeans and white running shoes with purple surgical gloves. ● METRO CALGARY

Bring back real estate file: Hehr

Mayoral candidate Kent Hehr said he would bring back the registry requiring members of council to disclose real estate holdings prior to running for office.

"Let's face it, there is widespread perception that Calgary's municipal politics is open to corruption," says Hehr. "This registry would help restore credibility to city hall."

● METRO CALGARY

Inside the lives of young offenders

MONIQUE MASSIAH/FOR METRO CALGARY



► Teens from around the city learned how young offenders live as part of Corrections Week at the Calgary Young Offenders Centre yesterday.

► Corrections facilities across the province open doors to the public

In an effort to spread awareness of corrections within the community, Alberta is observing its third annual Corrections Week.

The event, which runs from Sept. 13 to 17, is an opportunity for the public to get a look inside the corrections process.

Yesterday's walking tour of the Calgary Young Offenders Centre showcased centre representatives, as well as members of the Calgary Remand Centre and Calgary Community Conferencing, explaining the programs used to rehabilitate local offenders.

Young offenders are given daily progress reports to gauge the reintegration process and acclimate them back into real life, staff members say.

"When you think cor-

City programs

- YARD, a community-based intervention program, supports at-risk youth aged 12-17.
- One hundred referrals are received per month at the Calgary Youth Attendance Centre, which was created 13 years ago after the introduction of conditional sentence orders.
- Alberta has 41 community corrections offices in 36 geographic areas, according to provincial reports.

rections, you think bad people in jail, and there's so much more involved," said Dawn Fraser, manager of the Calgary Youth Attendance Centre.

"We don't just lock people up and throw away the key." ● MONIQUE MASSIAH

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Liberals suggest link between Tories and NRA

- Tories deny connection to U.S. gun advocacy group
- Dismiss Liberals' claim as 'conspiracy theory'

The Liberals are calling on the governing Conservatives to "come clean" about alleged links to a powerful American gun lobby group.

Liberel House leader David McGuinty is turning up the heat in the debate over the long-gun registry, the subject of a cliff-hanger Commons vote next week.

But he offered little evidence yesterday of any ties between the Tories and the NRA, which vehemently opposes gun control.

He cited news reports suggesting the NRA coached Canadian firearms groups on lobbying techniques. And he said that, in 2006, Tory MP Garry Breitkreuz co-hosted a forum



► David McGuinty

which featured the head of the NRA as a keynote speaker.

On Monday, CBC News reported that the NRA has been involved for more

than a decade in efforts to kill the long-gun registry by providing support to anti-registry groups in Canada.

McGuinty said the U.S. gun lobby has no business being involved at all in a Canadian debate.

"We are here to say that the National Rifle Association and its members and its leadership should butt out of Canada's gun registry debate.

"This is a government that is choosing to listen to a powerful foreign influence over our own police, our victims' groups, our medical experts, in fact the majority of Canadians when it comes to gun control." **THE CANADIAN PRESS**



► Pierre Trudeau, second from left, arrives with members of his cabinet at Government House in Ottawa on July 6, 1968.

Trudeau image still cool 40 years later

"Quentin Tarantino stole this from us."

Ten years after his death, and more than four decades after it was taken, the photo of Pierre Trudeau striding up the drive at Rideau Hall — flanked by his dark-suited cabinet-to-be — still packs a blast of movie-star, hipster cool.

The Tarantino quip comes from Trudeau's son Justin, who along with brother Alexander provides commentary to the many iconic photos in "Pierre Trudeau: Images of Canada's Passionate Statesman."

The 188-page book of black-and-white images shot by news photographers at The Canadian

"Trudeau was very smart. He knew the value of a great photo, and he was just a master (at making it happen)." RYAN REMIORZ, CANADIAN PRESS PHOTOGRAPHER

Press is on store shelves this week, in time for the 10th anniversary of the passing of Canada's 15th prime minister on Sept. 28, 2000.

The photos, said former Canadian Press photographer Doug Ball, reflect a particular era in Canadian history as much as they do a political leader.

THE CANADIAN PRESS

Layton says NDP can save gun registry

Federal NDP Leader Jack Layton says enough votes will be coming from his party to potentially save the long-gun registry.

"My commitment to Canadians was to put forward an approach to fix the registry," he said yesterday after a party caucus meeting in Regina. "After our discussions, an overwhelming majority of our rural caucus is supporting my approach and I know that this is going to work."

Conservatives say the registry is a waste that targets honest citizens. But proponents say it is a useful investigative tool and has led to more responsible gun ownership. **THE CANADIAN PRESS**

Counting votes

► Layton did not say yesterday which of the remaining eight holdouts from his party have said they'll support the registry.

► When asked directly if he expected most of the NDP rural caucus to vote to keep it in place, Layton said: "That's what we expect to happen. Yes, indeed."

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metro

metronews.ca

WEDNESDAY, SEPTEMBER 15, 2010

Bio. Shocker



► Besma Lahouri, author of *Carla: A Secret Life*, at a promotional event yesterday in Paris.

CHRISTOPHE ENA/THE ASSOCIATED PRESS

Getting to know France's First Lady

The unauthorized biography of the French president's wife, Carla Bruni-Sarkozy, suggests that presidential aides have reined in the Italian-born heiress and ex-supermodel in a bid to transform her public image from that of a tempestuous man-eater, into a meek, model housewife.

France close to banning veils

► France would be first country to pass such a law

The French Senate yesterday overwhelmingly passed a bill banning the burqa-style Islamic veil in public, but the leaders of both parliamentary houses said they had asked a special council to first ensure the measure passes constitutional muster amid concerns it tramples on religious freedoms.

The Senate voted 246 to 1 yesterday in favour of the bill, which has already passed in the lower chamber, the National Assembly. It will need President Nico-

2,000

The bill banning the burqa-style Islamic veil in public affects less than 2,000 women in France.

las Sarkozy's signature.

Legislative leaders said they wanted the constitutional council to examine it.

"This law was the object of long and complex debates," the Senate president

Gerard Larcher and National Assembly head Bernard Accoyer said in a joint statement explaining their move. They said in a joint statement that they want to be certain there is "no uncertainty" about it conforming to the constitution.

Many Muslims believe the legislation is one more blow to France's second religion, and risks raising the level of Islamophobia in a country where mosques, like synagogues, are sporadic targets of hate.

THE ASSOCIATED PRESS

SENTENCING

Bogus confession punished

A veteran British TV reporter has been sentenced after he admitted making up claims he killed a former lover who was dying of AIDS.

A judge gave BBC

journalist Ray Gosling a 90-day suspended prison sentence for fabricating his confession and wasting 1,800 hours of police time.

The 70-year-old Gosling drew media and police attention in February when he said on a BBC TV documentary that he used a pillow to smother his dying lover in his hospital bed in order to end his suffering.

THE ASSOCIATED PRESS

EU decries Roma crackdown

France's deportations of Roma are "a disgrace" and probably break EU law, the European Union's executive body declared yesterday, setting up a showdown with French President Nicolas Sarkozy's conservative government.

THE ASSOCIATED PRESS

Fewer number of people really hungry, UN says

► But food prices are still stubbornly high, says official at the UN World Food Program

The number of chronically hungry people in the world dipped considerably below the 1 billion mark — the first drop in 15 years — thanks partly to a fall in food prices after spikes that sparked rioting a few years ago, UN agencies said yesterday. Still, an estimated 925 million people are undernourished worldwide, and the latest figures don't reflect the repercussions from the massive flooding in Pakistan.

The Rome-based Food and Agriculture Organization's report suggested



► Jacques Diouf, FAO director-general

some progress in the battle to end hunger, but stressed the world is far from achieving the UN promoted Millennium Develop-

ment Goal of reducing the proportion of undernourished people in developing countries to 10 per cent by 2015. The report estimated there are 98 million fewer chronically hungry people than in 2009, when the figure just topped 1 billion.

That's partly because food prices have fallen from the peaks in 2007-2008, when they sparked violence in several developing countries, and because cereal and rice harvests have been strong, said FAO director-general Jacques Diouf.

THE ASSOCIATED PRESS

Iran. Hikers



► Sarah Shourd, 32, of the U.S., right, embraces her mother Nora Shourd after her arrival at the royal airport in Muscat, Oman, yesterday, after leaving Tehran, Iran.

SULTAN AL-HASANI/THE ASSOCIATED PRESS

American released by Iran

American Sarah Shourd, who was released by Iran yesterday after 13 months in prison, said she was grateful to Iran's president for her freedom. Two other Americans, including her fiancé, remain behind bars on spying allegations. Their families say they were hiking in Iraq and if they did stray into Iran, they did so unwittingly.

No bomb found at Eiffel Tower

Paris' Eiffel Tower and its immediate surroundings were evacuated yesterday evening after a caller phoned in a bomb threat, but a police search turned up nothing suspicious, French media reported.

THE ASSOCIATED PRESS

Twitter goes beyond the tweet

The social-networking site Twitter is turning its short-messaging website into a multimedia showcase by adding a new pane that will make it easier for its 160 million users to peruse photos and video.

THE ASSOCIATED PRESS

Teen gets fright from officer

A Missouri teen dressed as a machete-wielding madman to promote a Halloween store ended up getting a scare. The Joplin Globe reports a police officer pointed a gun and ordered him to the ground Saturday. THE ASSOCIATED PRESS

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RBC Royal Bank
Product Manager,
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With all your other financial responsibilities, it can feel like an uphill battle to save up for the things you dream about. The truth is, it's not. In fact, winning that battle simply calls for the right plan – one built around paying yourself without ever feeling the pinch. You can do it.

Here's how:

First, set a target.

In other words, decide on your goal. It could be a new home entertainment system. Maybe it's a family vacation or romantic getaway. It could even be a rainy day fund to give you peace of mind. Whatever target you set is entirely up to you, because, after all, this is about rewarding yourself and those you care about.

Next, set a date for reaching your goal. Is it six months? A year? Once you've figured out what you need to save for and for how long, you'll

have a better idea how much to save each week or month. But what if saving, say, \$25 a week for the next year seems unrealistic?

Give your budget a good hard once-over. What you earn vs. what you spend over a three-month period is a good place to start. Include everything from rent or mortgage payments to your daily coffee fix. Over time, you'll see a few items you can save on. For instance, one less latte or takeout lunch could save you \$5 a day. That's \$25 each

work week or \$1,300 a year – it adds up fast!

Finally, start paying yourself first. Sure, it helps to spend a little less every day. But, most importantly, set up a separate, dedicated savings account

with automatic online transfers right after you get your paycheck – that way you'll always make sure to put aside funds you need to help reach your goal, right from the start.

After all, don't you owe it to yourself?

Need more tips and advice to help you reach your savings goal?

Visit rbc.com/adviceCAL

4 SIMPLE STEPS

- 1 Set your goal and a timeline
- 2 Look closely at how much you're spending and where you can save
- 3 Open a dedicated savings account
- 4 Set up automatic online transfers to pay yourself first, right after payday



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Ex-cop says he was 'murdered' 41 years ago

- ▶ Shooter, now a grandfather, has jumped bail twice
- ▶ Applied to return to Canada from U.S. in 2008

Terrence Knox suspects he's a murder victim. He's just not dead yet.

Knox, a former Chicago police officer, has written to Minister of Public Safety Vic Toews to ask that he be considered a possible murder victim for a shooting back in 1969.

In his letter to Ottawa, which he copied to Immigration Minister Jason Kenney, Knox urges Canadian authorities to refuse a temporary residence permit to Gary Freeman, a former librarian's assistant, who shot him 41 years ago in Chicago.

The reason, Knox argues, is that Freeman killed him and it's tough



▶ Public Safety Minister
Vic Toews

to extradite accused murderers from Canada.

It has just been a very slow death, he wrote.

"I am still suffering serious injuries as a result of this shooting," Knox wrote

to Toews, urging him to consider the "possibility of him being charged with my murder when I die if the cause of my death can be tied to the injuries sustained by the shooting and related surgeries."

The shooting took place when Knox was 21, and Freeman was 19 and known as Joseph Pannell.

Knox was patrolling near a Chicago high school in a squad car, when he pulled over Freeman and asked why he was not in school.

Freeman fired several shots at him. Knox says it was a murder attempt, while Freeman says he was defending himself.

TORSTAR NEWS SERVICE

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► The cleanup site where an oil spill caused by a leak in an Enbridge Energy Partners' underground pipe in Romeoville, Ill.

Enbridge reopens Ont.-N.Y. pipeline

► Closures have hit Canadian crude producers' ability to ship their product to the U.S. — their main market

Enbridge Inc. restarted a pipeline yesterday after it found no crude was leaking from a section near Buffalo, N.Y., but it remains unclear when two other U.S. lines, which have been shut due to spills, will be up and running again.

Some petroleum was found on a pipeline casing in on Monday, prompting the Canadian pipeline giant to shut it down as a

precaution, spokeswoman Terri Larson said.

"We suspected a possible low-volume leak. We did an investigation. We tested the pipeline, and did not find any other petroleum product," she said from Marshall, Mich., the scene of a major leak in July.

Enbridge will continue to monitor the pipeline for 24 hours.

Meanwhile, it is still unknown when exactly Line 6B, which was affected by the Michigan spill, will be restarted. A congressional panel is set to hold a hearing into that spill today.

Enbridge is also dealing with another incident on Line 6A near Chicago. That line has been out of commission since it sprung a leak last week.

THE ASSOCIATED PRESS



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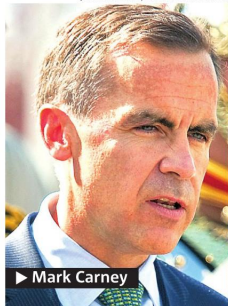
Bank reforms costly but worth it, Carney says

► Banker says global downslide shows system needs to change ► Substantial long-term payoffs expected

Bank of Canada governor Mark Carney says commercial banks can pay for the cost of financial system reform by cutting expenses — particularly personnel expenses — without passing on costs to customers.

In an address yesterday in Germany, Carney gave an unqualified thumbs up to the G20 reform process that calls on banks to load up on capital, even though it makes the cost of operations higher.

Carney said proposals from the Basel III process that require lenders to retain more equity and add a buffer to core reserves strikes the correct balance between “resiliency and ef-



► Mark Carney

iciency.”

Carney said asking banks to hike capital ratios by two percentage points and strengthen liquidity standards will impose costs, both on banks and

on the economy.

Past experience suggests Canada's chartered banks will pass on those costs by increasing borrowing spreads to their clients, Carney said. This could result in a one-time, 0.3 per cent reduction in gross domestic product.

Other alternatives, he said, include raising additional capital by issuing equities, holding on to earnings, or shedding assets. But he added banks should consider another option — cutting operating costs by reducing personnel expenses, which could involve downsizing or reducing executive bonuses.

THE CANADIAN PRESS

Video games. Halo: Reach



► Delio Gautreaux carries his Halo: Reach game system after being the first person in line to buy the first copy of the video game system yesterday in New York.

THE ASSOCIATED PRESS

Gamers line up for Halo

It was a big day for Halo fans across Canada as thousands lined up for hours Monday night awaiting the midnight release of Halo: Reach for the Xbox 360, the latest in the video game franchise. The game is a prequel to Halo: Combat Evolved.

Telus says it won't play rival's game

Telecom company Telus doesn't plan to own the content it puts on its TV, online and wireless services and won't match competitors Bell and Shaw by buying up media assets.

Instead, Telus will continue its strategy of providing content that's already out there, chief commercial officer Joe Natale said yesterday.

THE CANADIAN PRESS

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HADFIELD SHOOTING FOR THE STARS

Just sayin'

PAUL SULLIVAN



Chris Hadfield is living my dream.

He's gearing up to become the first Canadian commander of the International Space Station on a six-month mission starting in 2012.

It's not exactly Star Trek since he's hardly going where no man has gone before. Actually, he will just circle the Earth every 90 minutes for six months, but I'll bet you never get tired of the view. From one window you can see Africa. From the other: Infinity and beyond.

OK, so it's not exactly interstellar travel at warp speed, but it is the real thing, the edge of the human frontier in the year 2012. While it may be humble, it's the first permanent settlement

outside the planet.

He will be hitching a ride on a Russian Soyuz rocket in December 2012, because the U.S. government is ending the space

shuttle program, and private industry that is racing to take over is still in the test rocket stages. But that's cool: Russian rockets still work. And it's also ironic: While the Russians are schlepping Hadfield to the space station, here on Earth Hadfield's prime minister, scaremonger-in-chief Stephen Harper, is trying to whip up paranoia about a Russian attack from across the Bering Strait so he can justify spending \$20 billion on fighter jets.

No wonder I feel more at home

on the cosmic range. There's no intelligent life down here.

Hadfield, like me, dreamed of space travel when he was a teenager. Unlike me, he could

"No wonder I feel more at home on the cosmic range. There's no intelligent life down here."

handle math and physics; instead, I learned to push words around. Dave, his more down-to-earth brother, put it well in a recent interview: "As you go through life there are forks in the road and he al-

ways took the one that could possibly lead into space."

So he's rocketing to the stars and I'm still here, writing about it.

No doubt nine out of 10 red-blooded Canadian boys are dreaming of becoming Sidney

Crosby and making \$10 million a year in the NHL, but there must be a few who want to be just like Chris Hadfield, who started in air cadets, flew CF18s and has logged two other space journeys. And if the boys don't have their heads in the stars, there are millions of young Canadian women who can look up to Hadfield, fellow Canadian astronaut Robert Thirsk, and Canada's First Lady of space, Julie Payette.

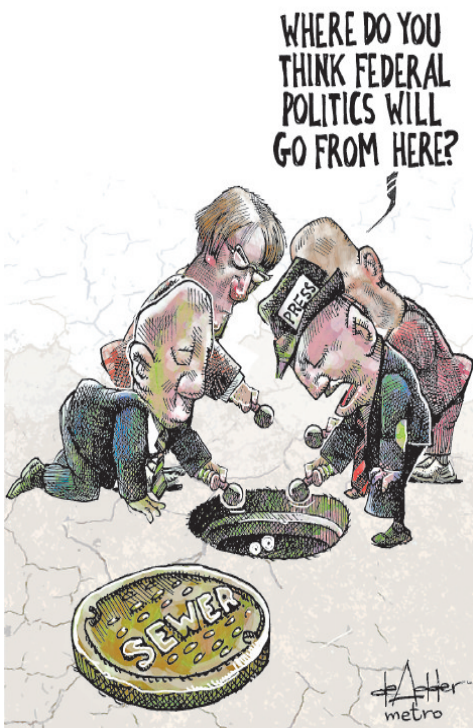
It's just possible that because of these 21st-century pioneers, a few more Canadian kids will set their sights on the final frontier and pursue science degrees instead of becoming doctors of social media, majoring in Twitter.



Read more of Paul Sullivan's columns at metronews.ca/justsayin

Cartoon

MICHAEL DE ADLER



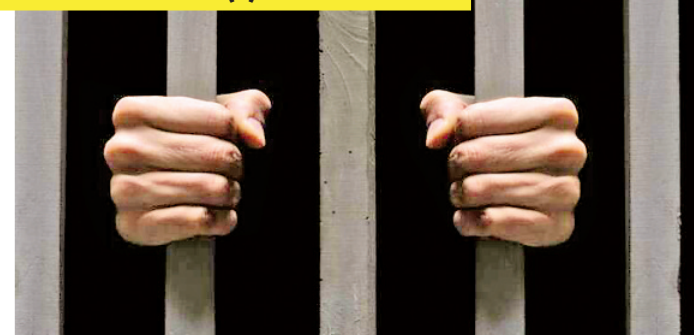
He has time on his hands

Worth mentioning

A U.S. prisoner who has filed more than 3,800 lawsuits and targeted the famous, the infamous and even the long dead is now being sued by federal officials who want him to knock it off.

U.S. federal prosecutors who say they have had enough of the frivolous filings have filed a lawsuit of their own, asking a judge to take unusual action to stop Jonathan Lee Riches. Since 2006, Riches has filed lawsuits in nearly every jurisdiction in the U.S., court documents show. The inmate, who dubbed himself "Lawsuit Zeus" in one of his thousands of court cases, has filed up to four of his

Called to the bar(s)



handwritten petitions a day in Kentucky courts alone.

The 33-year-old inmate at the U.S. federal prison in Lexington, Ky., has sued New England Patriots coach Bill Belichick, former U.S. president George W. Bush, Atlanta Falcons quarterback Michael Vick and even Somali pirates. Sometimes,

Riches asks for money, other times an injunction to stop alleged, if physically impossible, activity.

Among Riches' targets have been "Adolf Hitler's National Socialist Party," the ancient philosopher Plato, the celestial body formerly known as the planet Pluto, and the Guinness Book of World Records. **THE ASSOCIATED PRESS**

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Metro Minute with Chinatown history

Got a minute to spare? Visit the Calgary Chinese Cultural Centre to take a look at its current photo exhibit, *Builders And Patriots 2: A History Of Calgary's Chinatown*.

The exhibit is a display of the history of Chinese immigrants who settled in Calgary.

Along with photographs, the stories of many

immigrants are told through personal recollections.

It's being put on in partnership with the Sien Lok Society of Calgary and runs until Oct. 31.

The exhibit is open Monday through Sunday from 9 a.m. to 6 p.m.

Admission to the cultural centre is free.

● METRO CALGARY



► The Calgary Chinese Cultural Centre is hosting *Builders And Patriots 2: A History Of Calgary's Chinatown*.

2 scene

Celebrity



George Michael was sentenced to eight weeks in jail yesterday for driving while under the influence of drugs in an incident in which he crashed his car into a photo shop. A judge told the wayward star his addiction to marijuana put him and the public at risk.

THE ASSOCIATED PRESS



Tribute concert planned for Lennon's 70th birthday; Jackson Browne, Patti Smith to perform

Don't call it a comeback



► Ben Affleck plays a Boston bank robber in *The Town*.

► Ben Affleck sits down with Metro for talk of *The Town*



Ben Affleck is winning over critics with his latest foray as star and director of *The Town*.

Set in his hometown of Boston, the thriller tells the story of an inner city bank robber who falls in love with the hostage of his latest heist. I caught up with the filmmaker during the Toronto International Film Fest to discuss his sudden resurgence.

I read in *Entertainment Weekly* that you said this was an attempt to reboot your career. Why was that?

"Reboot is a bit much in a way. That's like what you say when you put someone in a superhero movie or something. For me, directing is about a change so it's

not necessarily rebooting everything I've done but it resets my mindset on directing movies which is a whole other parallel track. It's definitely a new step for sure in my career."

It's an audacious step as well. What is it about the crime-thriller genre that attracted you?

"I know! I'm not necessarily even drawn to the genre...I was nervous I'd be pigeonholed as crime genre and that would be that. But the movie is so interesting... I felt like this is foolish to pass this up."

Obviously you grew up there but is there a key to nailing that Boston accent?

I think its just immersion, it's like learning a language.

I learned Spanish best by going to Guardalavaca and not speaking any Eng-

Need to know

Ben Affleck films:

- **Armageddon (1998)**
Domestic total gross: \$201 million
- **Pearl Harbor (2001)**
Domestic total gross: \$198 million
- **Surviving Christmas (2004)**
Domestic total gross: \$11 million
- **Gigli (2003)**
Domestic total gross: \$6 million

lish. Of course I've lost it now but if you are around a lot of people in an area and just listening to them and repeating them and let yourself not even try, it'll seep in.

Not Hamming it up

► Mad Men actor stars as an FBI agent in *The Town*



Jon Hamm may be most recognized for playing Don Draper on the Emmy Award-winning hit television drama *Mad Men* but that doesn't mean the actor doesn't love the movies.

"The greatest thing about movies is it's an escape," said the actor during a recent interview in Toronto.

"For a couple of hours, you go and forget about what's going on in your life and you get to watch an entertaining story — hopefully well told — and

think about it and experience it."

This Friday, a lot of people will be doing just that when they check out Jon Hamm's starring role in *The Town*, a gritty action film that pits the actor as a clever FBI agent against a perhaps even more shrewd bank robber in Ben Affleck.

It's a high action thriller with plenty of car chases that, in Hamm's opinion, "harkens back to great 70's heist films" like *The Getaway* and *The French Connection*.

"Those are fantastic, fun, gritty, dirty, cops and robbers movies," said Hamm.

"You want to be invest-

ed in characters and I think in our film has, very fortunately at the centre, some great characters and Ben's character ostensibly is the bad guy and yet we root for him because we are hoping he finds some sort of redemption."

Critics are also rooting for Affleck the filmmaker as well.

The follow-up to his directorial debut, *The Town* is showing audiences that the success of 2007's *Gone Baby Gone* was not a fluke for Affleck.

"He is a tremendously intelligent, dedicated filmmaker," said Hamm.

"Now he's proven it twice and I think he'll continue to do that."



► Jon Hamm answers questions during the press conference for the film *The Town* at TIFF



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► In this July 30, 2010 photo, singer Robert Plant poses for a portrait backstage moments before performing with Band of Joy at Miami's Bayfront Amphitheatre.

Robert Plant surprises on solo album

► Former Led Zeppelin frontman offers eclectic collections of covers on his latest album *Band of Joy*

Some things in Robert Plant's record collection are completely predictable. Others, might surprise you, like that copy of Low's *The Great Destroyer*.

"It's great music," Plant says of the Duluth, Minn., indie band known for its often slow, atmospheric songs. "It's always been in the house playing alongside Jerry Lee Lewis and Howlin' Wolf. There's room for everything."

That could be the theme of Plant's new solo album, *Band of Joy*, an eclectic collection mostly of covers and reinterpretations that showcase the former Led Zeppelin frontman's range in ways you wouldn't expect from a singer in his fifth decade at the edge of the stage.

It's an interesting record and completely different than what Plant fans were expecting.

He put together an ace band of old Nashville, Tenn., hands and went somewhere else completely. Plant, as he's proven time and again, is much

more interested in seeing new vistas than covering old ground.

"You can't tell the same story for 40 years and think it's going to be convincing because when I was 19 I met Jimmy Page and I'll soon be 62," Plant says. "So really I've got to be able to move that story round a little bit, change its colours and also believe in it. It's not a production line. So these adventures are challenging."

Plant brought the material he wanted to do and Miller selected band members he thought had the range required.

He recommended multi-instrumentalist Darrell Scott, bassist Byron House and drummer Marco Giovino — a group that could run the obstacle course of rock, pop, blues and gospel that Plant threw out.

Miller said Plant knew exactly where he was going at all times. Plant packs it with interesting touches throughout.

There's his Muddy Waters phrasing on Central

Two-O-Nine, the bass line right out of Junior Kimbrough's juke joint on *You Can't Buy My Love* and, yes, he does sound like a young Mick Jagger on *The Only Sound That Matters*.

Plant manages to pack *Band of Joy* with interesting touches throughout.

THE ASSOCIATED PRESS

On the album

The album, named for a band Plant was in with John Bonham before the two joined Jimmy Page and John Paul Jones contains:

► A cover of Los Lobos' *Angel Dance*, then jumps to versions of Richard Thompson's *House of Cards*, the Low songs *Silver Rider* and *Monkey*, *The Only One That Matters* by Milton Mapes, Townes Van Zandt's *Harm's Swift Way* and folklorist Bascom Lama Lunsford's recording of *Cindy I'll Marry You Some Day*.

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TV watch list

Surviving the age factor

REALITY TV. It's a May-December showdown as *Survivor: Nicaragua* debuts. The 21st installment of the reality series kicks off

► *Survivor: Nicaragua* (Global, CBS)

Give them hell

TELEVISION. New cheer-leading series *Hellcats* kicked off its season a few weeks ahead of most shows, so in this, the second episode, Marti is shocked to find Wanda in the audience at qualifiers.

► *Hellcats* (A Channel)
THE CANADIAN PRESS

Apprentice returning to its roots

The new season of *The Apprentice* returns the long-running business competition to its non-celebrity roots.

But there's a difference. The 16 candidates who scramble for Donald Trump's winner-take-all favour display somewhat less swagger than their counterparts from past seasons.

They have brains, ability, education — and most had good jobs.

Then they were slammed by the economic downturn.

Sadder but presumably wiser now, they're vying for a chance to get a fresh start with Trump.

THE ASSOCIATED PRESS

It's all poppycock

HANDOUT/THE ASSOCIATED PRESS

► Prince Poppycock and other finalists ready final routines for America's Got Talent

Prince Poppycock is hoping to be crowned king of America's Got Talent.

The outlandish operatic creation of 32-year-old singing store clerk John Quale of Los Angeles was among the final four acts performing their ultimate routines last night on the NBC variety competition. Poppycock, who judge Sharon Osbourne dubbed the "male Lady Gaga," has captured imaginations with his spectacular showmanship and bellowing singing voice.

"I'm shocked," Quale said last week after securing his place in the finale. "This is a nightclub act that I've been doing in Los Angeles for four years. I always received a very good response, but that was from twenty- and thirtysomething clubgoers. To have everyone, from grandmothers to kindergartners, respond so positively has honestly been very surprising."

During his original audi-

tion in New York, Poppycock's powered face was met with a record-scratch sound effect and several what-is-this-guy-thinking glances. He eventually endeared the judges and audience with his over-the-top rendition of Largo al factotum from Rossini's *Il Barbiere di Siviglia*, which featured Poppycock prancing around with two hand mirrors. Poppycock is competing against 10-year-old soprano Jackie Evancho from Pittsburgh, 30-year-old crooner Michael Grimm from Waveland, Miss., and 13-man performance troupe Fighting Gravity, a group of Pi Kappa Alpha fraternity brothers from Virginia Tech in Blacksburg, Va., who use black lights and props in numbers reminiscent of the Blue Man Group.

The winner of this season of America's Got Talent will be crowned tonight.

THE ASSOCIATED PRESS



► Prince Poppycock performs on America's Got Talent, in Los Angeles

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PVRTweets

Which game was the biggest upset in Week 1 of the NFL?

- @latoya12 Colts losing to Texans!
- @JordanOrtillan Starting QB Matt Cassel throws for a measly 68yds and the #Chiefs still upset the #Chargers on Monday Night Football
- @Gimzatron Kansas City over San Diego
- @darren_krause Broncos losing to Jacksonville... :-)
- @jdeslippe Texans beating the Colts

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Cruz is pregnant

► The Oscar-winning Spanish beauty and her new husband Javier Bardem put rumours to rest

Penelope Cruz is in fact expecting a child with her new husband Javier Bardem. "Penelope is four-and-a-half months pregnant," her rep confirmed to Entertainment Tonight amid heightened rumours. Speculation that the couple were having a baby escalated this week after Cruz was spotted

with an impressive baby bump on the Puerto Rico set of the new Pirates of the Caribbean film she's starring in with Johnny Depp.

Oscar winners Cruz, 36, and Bardem, 41, who were married last July in a small, discrete ceremony in the Bahamas, began dating in 2007. **● METRO**



► Penelope Cruz is four-and-a-half months pregnant.

Jennifer Lopez touted to be joining Idol judges

Sources say a deal is in place for Jennifer Lopez to be a new full-time judge on American Idol, according to Us Weekly.

"It ended up working out and they have a good agreement," the source says.

Producers are expected to make the announcement in early October that the Latina mother-of-twins and Aerosmith front-man Steven Tyler will be joining Randy Jackson at the

judge's table.

Gone from those seats are Simon Cowell, Kara DioGuardi and Ellen DeGeneres, who all left the show this year, who followed in the footsteps of Paula Abdul.

Jackson will remain the only original judge on the show.

It is alleged that Lopez has signed a \$12-million deal to become an idol judge next season.

● METRO



► Jennifer Lopez is rumoured to be joining American Idol.

Talking points

Mayer stops tweeting

BYE-BYE BIRDIE. John Mayer — one of the most prolific celebrity Twitter users, has shut down his account on the social-networking site. The musician's rep says the change is because Mayer has finished his latest tour and is heading back into the studio, according to Hollyscoop. Mayer will still be communicating online via his blog, however.

● METRO

Martin gets creative

CREATIVITY UNLEASHED. Ever since he came out of the closet, Ricky Martin's creativity has "exploded," his producer, Desmond Child, tells BlackBook. "I'm really excited about the music, the content, because since he's come out it's unleashed his creativity and the scope of what he can sing about and say and do," says Child, who is working with Martin on a new album. "Once he opened that door, a floodgate of energy and creativity just really exploded."

● METRO

Celebrity tweets



Jessica Simpson
[@Jessica Simpson]

We lost our first game Cowboys?! I have carpet burn!



Neil Patrick Harris
[@Actually]

NPH After-party at the frigging metropolitan opera! Watching the Strokes perform. In the lobby! Unreal.



Kristin Bell
[@IMKristinBell]

accidentally bought a piano yesterday. I drove by the store and found out I am pretty powerless over a parking lot sale.



Conan O'Brien
[@ConanOBrien]

I'm noticing that tweets with certain names and topics are more popular. Bieber Gaga Kardashian breast. Glee.



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— John Hamilton, Fox TV

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CULTURE

Greece has some of the most renowned UNESCO designated World Heritage Sites with fascinating antiquities dating from pre-historic, Paleolithic, early historic to Roman and Byzantine times.

In Athens the sacred rock of the Acropolis, formally proclaimed as the pre-eminent monument on the European Cultural Heritage list of monuments, is an architectural jewel which still crowns Greece as the Cradle of Civilization. The Herod Atticus Theater at the foot-steps of the Acropolis offers world famous performances, operas and concerts during the summer months and the National Gallery hosts unique cultural treasures devoted to the subject of the history of Greek and Western European art.

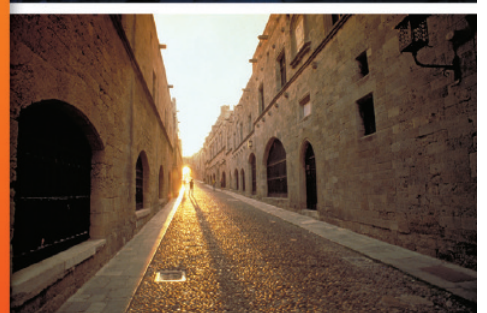
Day trips from Athens offer the chance to visit the temple of Poseidon at Cape Sounion; the sanctuary of Delphi dedicated to Apollo in Central Greece, believed in ancient times to be the center of the world; or to experience revived ancient Greek drama plays throughout the summer at the amphitheatre of Epidaurus, built 2,500 years ago and remaining even today unique for its acoustics.

Only a few hours north in Thessaloniki, the capital of the Macedonia region and the second largest city in Greece, the National Archaeological Museum is home to many fascinating treasures including the ones from the town of Pella and Vergina, the burial site of the kings of Macedonia, including the tomb of Philip II, father of Alexander the Great.

Driving south to the Peloponnese Region you can visit Olympia, the site where the first ancient Olympics were held in 776 B.C.; the revolving temple of Epicurean Apollo in Vassai standing almost intact at a height of about 3,707 feet; the ancient Mycenae with the famous Cyclopean walls and the Lion Gate; the 5,000 year old town of Tyrins and the citadel of Mystras with its fortifications, churches, palaces and mansions.

At the majestic islands of the Aegean Sea you can visit the terrace of the Lyons in Delos, birthplace of Apollo and Artemis; the Medieval citadel in Rhodes built during the 14th century by the Knights of Saint John; the 11th century monastery of Nea Moni in Chios; and the ancient Minoan palaces of Phaestos and Knossos, in Crete.

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HEIDI PATALANO
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"The dorkier tourists... quack like ducks — be glad you're not one of them."

SEE

The North End

Boston's Little Italy puts many a city's Italian quarter to shame. Hundreds of amazing restaurants (and the famous Mike's Pastry) so you'll not only be charmed by the old-world feel of the neighbourhood but will leave with a full belly.

HEAR

Duck Boat Tour guide

The dorkier tourists on the Duck Boats (amphibious vehicles) being forced to quack like ducks, and then be glad you're not one of them. Also, the roar of the Fenway faithful as a Red Sox player cranks one over the Green Monster — that's what we call the back wall of the park, er, park.

EAT

Mr. Bartley's Burgers

In Cambridge's Harvard Square this historic hole in the wall is not only home to the best burgers in town, it's also been host to the biggest brainiacs in recent history.

Presidents, scholars, anyone who hits up the Harvard campus always makes a trip. Burgers include The Barack Obama and The Bill Clinton.

DRINK

Dunkin' Donuts iced coffee

Forget what coffee snobs say about the superiority of Starbucks. Bostonians drink Dunkin' Donuts coffee like they follow their sports — with the focus of a meth freak looking for Sudafed.

WEAR

Red Sox and Patriots gear

Bostonians are obsessed with their local teams. After a big win cars will be overturned and trash cans will be torched. In these circumstances. Only a Red Sox or Pats jersey will save you.

DO

The Public Gardens

Check out the manicured gardens in Boston Common, while taking in historic buildings that border

the park including yes, the bar that was based on the famous American TV show, Cheers.

DON'T

Bother with Faneuil Hall

It's a market place loaded with overpriced stores, restaurants and cheesy "Irish" pubs. No Bostonian worth their salt would waste time in the vapid commercial space for uninformed tourists.

DON'T SAY

"Quincy" "Peabody" "Hot Dog" and "Popcorn"

Bostonians have their own way of pronouncing pretty much everything. Local town Quincy, is pronounced "Quinzee" and Peabody, "P-b'dee." Hot dog is "hut dawg" and popcorn is "pupkawn."



NICOLAUS CZARNECKI/METRO

► The Boston skyline and harbour



NICOLAUS CZARNECKI/METRO

► Check out the Boston Common.



NATHAN FRIED-LIPSKE/METRO

► The Fenway faithful



NATHAN FRIED-LIPSKE/METRO

► Grab grub at Mr. Bartley's



NICOLAUS CZARNECKI/METRO

► The historic North End

3

life

Cycling tour



A small Toronto-based company that organizes cross-continent bicycle tours in Africa is planning its first North American adventure for 2011.

Tour d'Afrique says cyclists will ride 8,000 kilometres from San Francisco to St. John's, N.L., camping or staying in budget accommodations.

The cost is US\$9,950. There is also the option to do sections starting at \$1,800.

Online: tourdAfrique.com



Yellowstone sets summer visitation record, on track for 2nd year in a row

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Biking cool Cape Cod

► The tourists of summer are gone, but the attractions are still there, quiet and colourful

Cycling Cape Cod in the summer is like experiencing an ice cream cone; you'll wait in line, be surrounded by kids and end up sticky. But bike riding the Cape in the fall? That's more like a cranberry cocktail; slightly sophisticated, cool and colourful.

Just as both refreshments are special treats, so is cycling here in either season along one of the paved, car-free paths. Here are some of the options.

Cape Cod Rail Trail: This flat, 35-kilometre trail runs through oak trees, evergreens and marsh between Wellfleet and Dennis. It passes through Eastham, Orleans and Harwich, where a bike rotary connects a 12-kilometre spur to Chatham. The Nickerson State park bike network connects to the rail trail and offers another 12.8 kilometres of hilly cy-

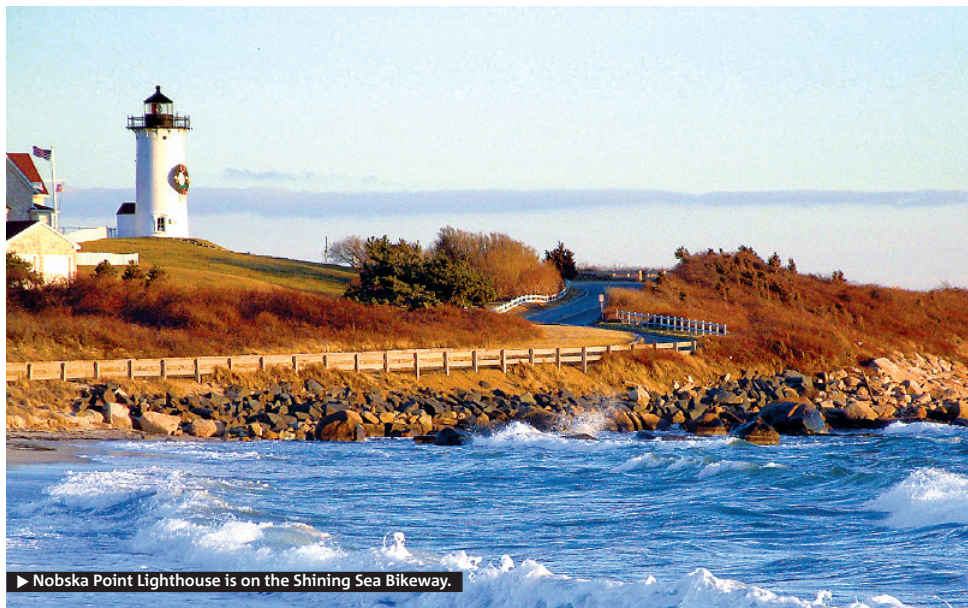
cling around ponds, lakes and bogs.

Shining Sea Bikeway: This flat path runs 17 kilometres along the coast from Falmouth to Woods Hole, through salt marsh, cranberry bogs, ponds and woodlands. It's the only bike path on Cape Cod that runs along the seashore.

Province Lands Trail: This roller-coaster trail snakes for 12 kilometres through the dunes, wetlands and beaches of the Cape Cod National Seashore near Provincetown.

Cape Cod Canal Bikeway: This flat, concrete path runs about 12 kilometres between the Bourne and Sagamore bridges, offering great views of the canal's boat traffic.

With such great cycling options, it's no surprise that these multi-use paths



► Nobska Point Lighthouse is on the Shining Sea Bikeway.

are crowded in summer, bustling with parents pushing strollers, summer camp groups and young children learning to ride. The tourists who flock to the Cape's beaches in July and August also mean heavy car traffic, long waits for restaurants and even longer lines for ice cream, which must be gobbled up before melting in the 26 C heat.

But after Labour Day, the visitors leave, the temperatures cool and the Cape takes on a quieter, more relaxed flavour.

"The weather is gorgeous, the crowds are gone, the birds are still interesting and the ocean is right there. It's beautiful," said Wendy Fox of Boston, who spends many weekends in the fall cycling the Cape. "And as the weather cools down bicycling is a lot easier."

There isn't the vibrant autumn foliage found in Northern New England, but there are subtle changes in the oak leaves and sea grass, as well as

brilliant red cranberry bogs and deep purple grapes awaiting harvest.

"And as the leaves start to drop the views improve," Fox said.

Indeed, locals — from bike shop owners to the bicycling park ranger who patrols the rail trail — admit that fall is their favourite time to ride on the Cape. And what was good has gotten even better. Many paths have been improved in recent years. The rail trail was repaved; the Shining Sea Bikeway more than doubled in length and parts of the Province Lands Trail — which opened in 1967 as the first bike trail built by the National Park Service — were widened with funds from the American Recovery and Reinvestment Act.

With little to worry about in terms of where to cycle, visitors should focus on planning other parts of their trip. Many shops and restaurants scale back their hours come September, so it's a good idea to

call first. Advance planning can also help cyclists find one of the many fall festivals on the Cape. For instance, the Truro Vineyards of Cape Cod is an easy nine-and-a-half kilometre ride from Provincetown along Route 6A anytime between May to mid-December, when it closes for the winter. But fall brings the harvest and with it the annual the Grape Stomp and Jazz Festival, on Sept. 19 this year.

On the rail trail in Eastham, Arnold's Lobster & Clam Bar, an award-winning, fast-food style restaurant, has a loyal summer following that doesn't mind waiting up to an hour for food. After Sept. 12, however, the restaurant and adjacent miniature golf course are only open Friday through Sunday, and they close for the season Oct. 11. (The outdoor restrooms and vending machines are left along the bike path until November.)

Still, other dining options are apt to be more ac-

If you go

► **Biking capecod** bikeguide.com offers maps and other information. You can also pick maps up at bike rental shops along the Cape Cod Rail Trail and in Provincetown

► **More Information** Massachusetts Office of Travel and Tourism, massvacation.com/fall-foliage/CAPECOD.pdf; Cape Cod Chamber of Commerce, capecodchamber.org; Provincetown Chamber of Commerce, ptownchamber.com

cessible in the fall. A new French restaurant near the start of the rail trail in Wellfleet, PB Boulangerie Bistro, plans to close only for January. Although there was seldom a wait for dinner in the restaurant, summer vacationers were lined up nearly an hour before the bakery opened at 7 a.m. to feast on take-out croissants.

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No noodling around

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 ► **Mixes coconut and mango flavours** with pork and shrimp
 ► **Feeds four for dinner** in less than half an hour

Now that schedules are back to normal, busy cooks will be looking for quick dishes to get on the table each night.

Here is one keeper that is just such a recipe — quick, easy to make, and filling.

Pork Thai Noodle Bowl Preparation:

- 1 Cooked rice or udon noodles, for serving.
- 2 In a wok or deep, non-stick skillet, heat 15 ml (1 tbsp) of the oil over medium-high heat. Add pork strips, garlic and ginger and stir-fry for 2 to 3 minutes.
- 3 Add shrimp, cook for 2 minutes more. Remove from wok and set aside.

- 4 Return wok to burner and add remaining oil. Stir-fry onion, red pepper and asparagus for 1 to 2 minutes. Set aside with pork.

- 5 Deglaze skillet with mango juice, scraping up any loose bits from the bottom of the skillet.

- 6 Add coconut milk and curry paste. Let simmer for 5 minutes.

- 7 Add pork, shrimp, vegetables and mango to sauce and heat through. Season with salt.

- 8 Serve immediately over prepared rice or udon noodles. Garnish with fresh coriander.

THE CANADIAN PRESS

Ingredients:

- 500 g (1 lb) pork loin chops, trimmed and cut into thin strips
- 30 ml (2 tbsp) canola oil, divided
- 2 cloves garlic, minced
- 15 ml (1 tbsp) finely chopped ginger root
- 250 g (1/2 lb) large shrimp, raw and shelled
- 1 small onion, diced
- 1 red pepper, cut into strips
- 1 bunch fresh asparagus cut into 2.5-cm (1-inch) pieces
- 150 ml (2/3 cup) mango juice
- 250 ml (1 cup) coconut milk
- 10 ml (2 tsp) Thai red curry paste
- 125 ml (1/2 cup) fresh mango, diced
- Salt, to taste
- 45 ml (3 tbsp) fresh coriander, chopped, for garnish

4 portions
 Prep time:
 15 min.
 Cook time:
 20 min.



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The dangers of online job hunting

► Beware of the 'black hole' — most resumes are never read, say career counselors ► How to do it right — online



► Old school or online? A strategic combination of both is in your best interest.

COMSTOCK

DREW HINSHAW
letters@metro.us

Although perfect for used bookshelves and missed connections, Craigslist may not be the place to find your next job.

In fact, career counselors say, the whole mini-universe of online job boards — such as Monster, CareerBuilder and HotJobs — is a great place to mis-invest your time during a difficult hunt. Employment guidebook author Margaret Riley Dikel calls it a “black hole,” and Ford Myers, president of Career Potentials consulting firm, agrees.

“Very, very few online applications are ever read or responded to,” Myers says. “Good jobs don’t get posted in the first place.”

But with unemployment rates high, and the average Joe staring at the horizon for months before the job boat lands, career counselors say they’re not sur-

“Very, very few online applications are ever read or responded to. Good jobs don’t get posted in the first place.”

FORD MYERS
PRESIDENT OF CAREER POTENTIALS
CONSULTING FIRM

prised to see more people surfing online ads.

Studies in the U.S. show that 10 per cent or less of jobs are filled through online ads, but if the occasional application is one small part of your search strategy, you might as well do it right.

Start by composing a list of companies where you’d aim to work. About.com’s jobseeking expert Alison Doyle recommends a re-search trip to the nearest

Chamber of Commerce, plus a quick LinkedIn company search by industry and location. “Check the company website and see if you can apply directly there,” she suggests.

Back on the job boards, resist the temptation to rapid-fire the same cover letter and resume at every link.

“It is absolutely imperative to customize the cover letter,” Dikel warns. A little resume tweaking — like bumping up the most relevant, if not recent job — can make a difference.

Moreover, Dikel notes, a human may never lay eyes on your application, so use the same keywords they use in the ad to pass the computerized scan test.

Plus, take the qualifications seriously: If the ad asks for five years’ experience piloting a space shuttle and you’ve got one summer at Space Camp, don’t waste your time.

LAWS OF TERMINATION

Workplace Law

DANIEL LUBLIN

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WITH WHITTEN & LUBLIN LLP.
DAN@TORONTO-
EMPLOYMENTLAWYER.COM



The result is that employees unknowingly agree to be dismissed with minimum notice, demoted, banished to far away jurisdictions, see their salaries slashed and prevented from competing with their employers following their departure all without recourse. Given these perils, what are some of the clauses that employees should look out for?

Probationary periods

Employers don’t just use probationary periods to assess fit; setting a probationary period allows them to dismiss for reasons that would otherwise be insufficient. The employer needs only to show that, in its opinion, the employee was unsuitable for the position. If these considerations are fairly assessed, the employer can end the relationship suddenly by providing only minimum notice or pay, or often less.

Termination clauses

Without any language surrounding termination in a contract, employees are entitled to reasonable notice of their dismissal, based on how long it would take to find another job. However, if some other amount or formula is stated in the contract, it will usually provide for less than what is reasonable and often only the minimum amounts re-

quired by law.

Contractual changes

Once the job begins, adverse changes to the job are prohibited, without a sufficient warning or that employee’s consent. However, employers will look to the contract first, and there is a clause clearly providing for that change, no matter how obscure, they will find the employee had already agreed to it.

Post-employment restrictions

An employee’s only implied duty upon leaving is to keep information or trade secrets confidential unless other specific post-employment duties or restrictions are written into the contract. However, if a contract provides for it, employers can prevent employees from working for a competitor, or soliciting clients or former colleagues upon their departure.

What should employees do?

First, review any new contract with a lawyer and don’t be reluctant to negotiate terms. Second, challenge the enforceability of these contracts where the facts present that argument.

I have won in court by raising the inference that a contract was signed without proper consent — such findings are not exceptions.

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The old 'freshman 15'

► The good news is that college students typically gain less weight than previously thought
► But unhealthy habits could last after graduation ► Communication with parents is key

BRUCE WALSH
bruce.walsh@metro.us

The latest studies suggest that the "freshman 15" might be, more accurately, "freshman seven" for most students. A 2009 cumulative study in Nutrition Reviews found that among college freshmen who put on weight, the mean gain was between seven and seven-and-a-half pounds.

But that is still a significant gain for a nine-month period. And, more important to nutritionists, the habits developed in freshman year — often in the cafeteria — can have negative effects down the line.

"In general, the big food service companies that often run these cafeterias have dietitians on staff. They have some healthy options," says Debra Johnson, director of nutrition at Rehmda Ranch Programs for Eating Disorders.

"The problem is the for-

mat. It's usually all-you-can-eat, and people typically will expand their portions in that situation."

Full-service college meal plans commonly cost more than \$3,000 per academic year, and students often cut down on expenses by choosing a limited plan.

Many schools have one-meal-a-day options that run about \$600 per semester.

"You could not eat all day, or eat first thing in the morning and fast the rest of the day. That one-big-meal diet can set a person up for an eating disorder or binge eating," says Johnson.

Having counselled patients leaving for and returning from college, Johnson encourages students to strategize and communicate with their parents.

Above all, before choosing a reduced meal plan, she says it's key for stu-



► When it's all-you-can-eat, it's hard to stop at one slice.

dents to articulate where and how they will replace those meals.

"Know where the closest

grocery store is. See what's both nutritious and convenient," she says.

"People think it takes a

lot of time. It doesn't take a lot of time. It takes a little planning and commitment."

Big brothers invited to reconnect

Former big brothers and big sisters, as well as former littles, are invited to reconnect with other Big Brothers Big Sisters of Canada alumni as part of a new campaign. They are being invited to go to the bigadventure.ca website and share their experiences of what it was like to be involved with the organization and getting to mentor a youth, or being mentored.

Everyone who registers and submits a mentoring adventure will be automatically entered to win one of five return tickets for two to any destination served by WestJet.

As well, on Saturday, MINI dealerships in cities across Canada will be holding a car wash and BBQ as part of Big Brothers Big Sisters Day. Visit bbbbsc.ca or bigadventure.ca for more information.

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sports

Quoted



"I'm disappointed not to be going to camp because I've worked all summer to be in camp. That's all right. I mean, there's a lot of positive things to focus on here in Edmonton."

SHELDON SOURAY, AFTER THE OILERS TOLD HIM TO STAY AWAY FROM TRAINING CAMP

Ducks have new deal with Ryan

Left-winger Bobby Ryan agreed to a new five-year contract with the Anaheim Ducks yesterday, keeping the high-scoring forward with the club through 2014-15.

The \$25.5-million US deal highlights a busy year for Ryan, who scored a career-high 61 points for the Ducks last season, just his second full year in the NHL. The 23-year-old also won a silver medal with the U.S. national team at the Vancouver Olympics.

As a restricted free agent, Ryan spent an uncomfortable summer waiting for his representatives to hammer out a deal with the Ducks, who faced an unusual hurdle in negotiations: Anaheim general manager Bob Murray wanted to sign Ryan to a longer deal than Ryan initially sought. The Ducks intended to lock in the talented young scorer beyond the current contract lengths of fellow top-line forwards Ryan Getzlaf and Corey Perry. **THE ASSOCIATED PRESS**

Bush gives back award

Reggie Bush took the unprecedented step of giving back his Heisman Trophy yesterday, saying the scandal over improper benefits while he was a star running back at Southern California should not stain "the dignity of this award."

The New Orleans Saints star won the Heisman in 2005. It is the first time in the award's 75-year history that a player has forfeited it. **THE ASSOCIATED PRESS**



► Eric Tillman speaks at a press conference yesterday in Edmonton.

Eskimos give Tillman a shot

► CFL veteran has won Grey Cups with three teams, but left last job after pleading guilty to sexual assault involving his teenage babysitter

The floundering Edmonton Eskimos are looking to a controversial figure to turn the team around.

The CFL club officially hired Eric Tillman as their new general manager yesterday.

Tillman, 52, has won Grey Cups with three different teams, the last being with the Saskatchewan Roughriders in 2007.

But he resigned from the Riders in January after pleading guilty to sexually

assaulting his 16-year-old babysitter in August 2008. Tillman was given an absolute discharge, so he does not have a criminal record.

The Eskimos' decision to bring him in has been a controversial one.

"I understand it was a very challenging and complicated decision and one that (president Rick LeLacheur) did not take lightly," Tillman said at a news conference.

"It hurts when people ridicule you. I understand that. I've been through that at a personal level."

ERIC TILLMAN

"We spent hours, literally hours, talking about my background, my belief system, but he didn't just listen to me.

"He talked to people that knew me well and I

think he would tell you that some of the strongest advocates were the people that know me the best, people that know me by my character, not by my reputation."

Tillman said he doesn't begrudge those who didn't want him hired.

"It's my responsibility to carry myself in a way and conduct myself in a way that will re-earn respect and trust," he said. **THE CANADIAN PRESS**

Yankees retake first place



► Derek Jeter

Jorge Posada led off the 10th inning with a pinch-hit homer, lifting the New York Yankees over the Tampa Bay Rays 8-7 and back into first place in the AL East last night.

Robinson Cano and Alex Rodriguez also homered for the Yankees, who squandered a six-run lead before tying the game at seven in the sixth inning on Cano's RBI double. Posada drove a 2-0 pitch from Dan Wheeler (2-3) over the centre-field wall, setting off cheers from a large contingent of New York fans among the crowd of 28,713

8	7
YANKEES	RAYS

at Tropicana Field.

The Rays erased the 6-0 deficit with a seven-run fifth inning that Willy Aybar finished with a three-run, pinch-hit homer off Boone Logan. Slumping slugger Carlos Pena began the rally with his first homer since Aug. 30.

David Robertson (4-4)

pitched the ninth and Mariano Rivera finished up for his 30th save in 33 opportunities. A night after Reid Brignac's 11th-inning homer gave Tampa Bay a 1-0 lead and put the Rays atop the standings by a half-game, the Yankees stopped a season-high four-game losing streak and regained the division lead.

Cano hit a two-run homer off Rays starter Matt Garza in the third inning and delivered his game-tying double off Jeremy Hellickson.

THE ASSOCIATED PRESS

"FUZZY MALONE"
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► The 2011 Honda CR-Z is seen as a return to the automaker's core values of being frugal and fun to drive.

CR-Z blast from past with eye on future

► Honda's new hybrid bears more than a passing resemblance to automaker's fun CR-X ► One of the most affordable models in the green segment

JIM ROBINSON
DRIVE@METRONWS.CA

Can you have fun and drive a hybrid?

Honda thinks they have the answer to that in the 2011 CR-Z.

For those who go back a bit, the CR-X made from 1983-1991 was one of the most endearing cars Honda ever made. It was a small sporty coupe based on the Civic that had basically two seats with pert, chopped

off tail. It didn't have a lot of power but the CR-X more than made up for that with nimble handling, frugal operation, affordable pricing and a whole lot of character.

The CR-Z is also a two-seat sporty coupe with a pert, chopped off tail and styling that screams, "this car is a blast." And while the old CR-X was great on the gas, the new car goes a big one better; it's a hybrid.

The CR-Z starts with a

1.5-litre, SOHC four-cylinder gasoline engine based on the unit used in the Fit. By itself, the engine produces 113 hp and 107 lb/ft of torque.

Unlike Toyota where the engine augments the battery, Honda uses the lithium-ion rechargeable battery to give the engine an extra shot of acceleration and torque, kind of like an electric supercharger.

Out on the road, the handling was like a small sportscar, precise and with

great feedback. At a closed course slalom, people were throwing the CR-Z around with great abandon with one journalist delighting in the low-end torque and the fact he could get the tail to hang out on hairpin turns.

There are several ways to have fun in this car and another is cost. If you were expecting to pay \$30,000 or more, forget it.

Along with the Civic Hybrid and the Insight, Honda offers the three lowest

The specs

2011 HONDA CR-Z

- **VEHICLE TYPE** Compact hybrid coupe
- **PRICE** six-speed manual, \$23,490; CVT, \$24,290
- **ENGINE** 1.5-litre SOHC engine/electric motor (combined, 122 hp, 128 lb/ft)
- **FUEL ECONOMY** Regular; six-speed manual, 6.5/5.3/6.0L/100 km city/highway/combined; CVT, 5.6/5.0/5.3L/100 km city/highway/combined

priced hybrids on the market. How much fun it that?

5

drive

In brief



Don't have time to charge up your electric vehicle? Then swap the battery. Israeli company Better Place is working on a network of stations where a robot will swap your used battery for a new one. They are trying the new system with the Renault Z.E.

METRO WORLD NEWS



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When I was a kid I loved watching the Flintstones. But I didn't like the Flintstone-mobile. Fred "braked" by sticking out his legs out through the floorboards and scrubbing off speed with his bare feet. This always made me cringe.

And I still cringe whenever I relieve my own Flintstone moment. On this occasion my Jaguar E-type suddenly and silently found itself coasting down the mild slope of our driveway, with me standing beside it. I grabbed the front bumper and stood my ground, but the car pushed me slowly backwards. We stopped together in the middle of the street, unscathed, save for the leather soles

of my moccasins, which were smoking. I can still feel the feet heat.

Which brings me to the point of this column — after 100 years or so of automotive braking that simply turns potential energy into wasted "heat," via friction-based systems, we're starting to move to more intelligent systems, that re-capture some energy.

This has come about due to the re-birth of the electric vehicle. If you have an electric motor hooked up to the drive wheels, you can use it to "brake" the vehicle, by

IT BRAKES FOR ENERGY RECOVERY



► The new BMW X3 features the Brake Energy Regeneration System.

simply reversing the flow of power. Now, instead of having the motor turning the drive wheels, you have the drive wheels turning the electric motor. The resistance works like a brake, and when you spin an electric motor it makes electricity.

In a hybrid or EV this "free" juice is fed to the big battery pack, which

powers the electric drive motor. But now we're seeing this concept being applied to "conventional" vehicles.

BMW introduced its Brake Energy Regeneration system on the 2010 5 Series Gran Turismo. The new-generation 2011 X3 will also feature the system.

An electronically controlled clutch engages

the alternator only when the vehicle is decelerating or braking. When accelerating or coasting, the charging system is decoupled and draws no power from the engine, making it slightly more efficient. The battery uses glass-boron silicate instead of the more usual liquid electrolyte, to sharply reduce the battery's conversion of

charging energy to heat, and so it is also better able to operate effectively between less-frequent charging.

At the upcoming Paris Motor Show, Ferrari, of all people, is expected to debut a similar "brake regen" system on its updated California model.

Development is also going on with sending electricity from brake regen systems not to batteries, but to ultra-capacitors — a fast charging/fast discharging storage system. Their ability to discharge a lot of power quickly, has piqued the interest of Formula One racing, which is considering them for a proposed initiative called KERS (Kinetic Energy Recovery System).

On the heavy-duty truck side, we're seeing testing done on a brake regen system that uses hydraulics (instead of electricity) to capture the kinetic energy.

Whatever happens, the days of scrubbing off speed solely with friction devices — body parts or otherwise — are finally coming to an end.

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- Roxy



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Organic way to power car

► A new fuel could be developed in a petri dish ► New algae-created fuel in sustainable and emissions free



EMMA E. FORREST
DRIVE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

The trend to electric and hybrid cars is all very well but the ideal solution would be to have a non-polluting fuel that could use existing engine technologies, rather than create new systems that need to be developed from scratch.

With more than 100 years of experience with combustion engine development, the car industry is rather good at it so the ideal solution would be to develop new non-polluting fuels to use with these engines.

Bio fuels have been created with corn and sugar oil, particularly in Brazil, but it was found that land used for growing food was being diverted to producing biofuel which is less than ideal to say the least.

It may be that by the time our children are buying family cars they'll be driving electric cars in cities but using combustion powered cars for longer journeys.

Yet rather than polluting tomorrow's combustion engines may be fuelled by something far greener. Literally. Tiny microscopic organisms may be the answer. Algae has

the potential to be such a green fuel because it's fast growing and about 50 per cent of its weight is oil. The oil can then be used to make green diesel for cars.



► Could this be what your car fuel looks like in the future?

You'll remember algae as the scum on the garden pond as a kid — it's also

used as a foodstuff, in fact the Aztecs used to eat it. Scientists are working out ways to grow it in large enough quantities and one system involves growing algae vertically so that as much of it as possible is exposed to sunlight in the smallest possible space, maximising yield. What's more as algae — like other plants — needs CO2 to photosynthesise, industrial algae production could improve air quality too in the process.

Different algae may yet produce different fuels for different purposes and though we're a way away from widespread production if such production proves possible and cheap enough, converting conventional engines to run on its green diesel should be straightforward.

Tomorrow's combustion engines may be fuelled by something far greener. Literally.

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► Studies show that headrests are one of the most overlooked safety features in motor vehicles.

Don't ignore the headrest

While buckling seatbelts is second nature when getting into a car — how many of us think to adjust the headrest? Reports show that headrests are one of the most overlooked safety features in motor vehicles today and many don't realize the important role they play in preventing neck, brain and spinal cord related injuries.

"Headrests are designed to work alongside the seatbelt so that when an accident occurs it prevents the head from twisting back-

wards, which subsequently results in whiplash," explains Mauro Convertini, an insurance and claims expert at Aviva Canada.

"Drivers can sustain an injury from an incorrectly adjusted headrest even at speeds as low as 15 kilometres per hour — the same speed as the average bicycle."

According to an Insurance Bureau of Canada study, only 14 per cent of drivers on the road have their headrest in the proper position. And whiplash be-

ing the most common soft tissue injury incurred during auto collisions underlines the importance for passengers to ensure their headrest is adjusted properly. Aviva's Convertini recommends that Canadian drivers follow three simple steps in order to prevent injuries associated with improper headrest position:

1. The top of the headrest should be in a straight line with the top of your head.
2. Position the centre of your headrest so that it is

slightly above the top of the ear.

3. Ensure that the distance between the headrest and the back of the head is between five and ten centimetres.

An important message for local families with multiple drivers, the next time you get in your vehicle remember to use your brain and adjust your headrest. More information is available from your insurance broker or online at avivacanada.com.

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2011 BMW 335i shown on picture



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Vehicles not exactly as shown. MSRP of a 2011 BMW 323i Luxury Edition with automatic transmission/2010 BMW X3 xDrive 28i/2010 X5 xDrive 35i is \$39,250/\$39,900/\$69,980. Total list price is \$41,778.76/\$42,839.01/\$72,999.95, which includes MSRP (\$39,250/\$39,900/\$69,980), Freight & PDI (\$1,995/\$2,395/\$2,395), A/C tax (\$100), tire levy (\$16), PPSA (\$22.76), admin fees (\$395), AMVIC fee (\$6.25) and taxes are extra. Finance and lease rates are those offered by BMW Financial Services Canada only on approved credit (OAC). † Savings for 323i Lux. Ed. calculated on MSRP of Luxury Edition package options. *Lease rate of 2.9%/2.9%/5.9% available for 48/48/39 months. At 2.9% for a 48 month lease and a \$7,510.19/ \$6,026.58/997 down payment (OAC), each monthly payment is \$358/\$498/\$997. Freight & PDI (\$1,995/\$2,395/\$2,395), A/C tax (\$100), tire levy (\$16), PPSA (\$22.76), and admin fees (\$395) are included in the down payment. First payment, security deposit and GST are due on delivery in addition to the down payment. Total obligation is \$24,694.19/\$29,930.58/\$40,091.22. The residual value of the vehicle at end of term is \$18447.50/\$15,960.00/\$33,595. GST and license fee are additional and due upon lease signing. Retailers are free to set individual prices and charge administration fees, which may change the APR or the price of the vehicle. Annual kilometers limited to 20,000: \$0.15/\$0.15/\$0.25 per excess kilometer. Excess wear-and-tear charges may apply. †† Certain conditions apply on 4 year / 80,000 km no-charge scheduled maintenance; see Retailer for details. Offer expires September 30, 2010. Delivery must be taken by September 30, 2010. Offer requires Retailer participation. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. See your local BMW Retailer or calgaryretailers.bmw.ca or www.valueofbmw.ca for full details. ©2010 BMW Canada Inc. "BMW", the BMW logo, BMW model designations and all other BMW related marks, images and symbols are the exclusive properties and/or trademarks of BMW AG, used under license. AMVIC LICENSE.

The best of both worlds

► Porsche's Active Drivetrain Mount is flexible and solid at the same time depending on driving needs

DRIVING FORCE

JIL MCINTOSH
DRIVE@METRONEWS.CA

You can't fight physics. The engine is typically the heaviest component in a car, and when you're making a sharp curve, it doesn't necessarily want to follow, which can affect handling.

What makes it worse is that most engines are mounted on relatively flexible bushings, which automakers use to help keep engine vibration from entering the cabin. Porsche tackles the problem with its new Active Drivetrain Mount, standard equipment on the 911 Turbo, which combines the best qualities of flexible and solid engine mounts.

"With these mounts stiffened up, you get a much more stable back end when you're cornering, because the engine is now solidly connected to the car."

PORSCHE'S LAURANCE YAP

When you turn a corner, your car follows the steering position, but inertia causes the heavy engine to initially keep going in a straight line. It continues to do this until the flexible mounts reach the end of their elasticity.

This causes instability, and in extreme cases on a rear-engined car such as the 911 Turbo, could potentially result in oversteer, a dan-



► Porsche's new Active Drivetrain Mount is standard on the 911 Turbo.

gerous situation in which the back end of the car swings around and the car spins. A solid, inflexible mount keeps the engine in line with the car's direction, but with a stiffer, noisier ride.

"What these active mounts enable the car to do is to stiffen up the connec-

tion between the drivetrain and the body of the car when you're driving aggressively, and then soften it when you're not," says Laurance Yap, public relations manager for Porsche Cars Canada.

The mounts use a magnetically-activated fluid and an electrically-induced

magnetic field that affects the fluid to a higher or lower degree. This changes the fluid's viscosity, making the engine mounts harder or softer.

The system was originally designed for suspension components, but Porsche's application is a first for engine mounts.

Under normal driving conditions, such as highway cruising, the fluid is "looser," which helps absorb vibration. When the system is in sport mode, the car uses a variety of parameters to determine fluid stiffness, for a more direct connection between engine and body.

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Norton bikes return

I confess I've never been up close to a Norton motorcycle.

Not because I'm all that young, but that this iconic UK marque has been away a long, long time.

Norton began building motorcycles around the turn of the 20th century, and gained notoriety throughout the 1930s, 40s and 50s, winning numerous high-profile races.

The Norton Commando, which launched in 1968, was their last and most successful street bike before the factory doors closed in 1975.

Thirty-five years later, the brand has returned to Canada with the Canadian reveal taking place at the Newmarket, Ont., Suzuki recently.

With retro styling blended with state-of-the-art engineering, the bike is powered by an air-cooled 961 cc parallel twin developed by Norton along with F1 engine builders, Menard Competition Technologies.

It is one of three models to go on sale in Canada. The Sport and the Cafe Racer are 2011 models that are expected to arrive early next year.

NEIL MOORE/FOR METRO CANADA



► The Dodge Ram is regarded as North America "sporty" pickup truck.



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In love with Dodge Ram's sporty side

▶ Power and muscle count among owner faves for pickup model ▶ Opt for a newer, lower-mileage Ram where possible to get better value

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONews.ca

The last-generation Dodge Ram was on sale from model years 2002 to 2008 inclusive, and offered a punch in terms of both styling and performance that few trucks in recent memory can match.

Among other things, the last-generation Ram helped cement the brand's reputa-

tion for building America's "sporty" pickup. Where styling, power and muscle count, pickup shoppers tend to gravitate towards the Ram in a serious way.

Shopping used? Look for various body styles and six or eight-cylinder power. 2002 models got a 3.7 litre V6 as standard, with 215 horsepower.

The models' V8 engines consisted of a 4.7 litre or 5.9 litre unit early on, with 240 or 245 horsepower, respectively.

The legendary HEMI V8 hit the scene for 2003, of-

fering up 345 horsepower. Cylinder deactivation was added to the HEMI V8 for 2006 to help keep fuel bills reasonable.

Shoppers will find a manual transmission with five or six-speeds, or an automatic with four or five. Rear or four-wheel drive models were available, too, utilizing either electric or manual transfer-cases, depending on the model.

Dodge Ram's features included a rear-seat entertainment console, heated leather seats, remote access, cruise control and more.

What Owners Like

For most Ram owners, power, sound effects, looks and muscle were the main attractions to the truck. Competitive pricing and overall value helped seal the deal in most cases.

What Owners Hate

Standard gas-mileage complaints come first and foremost on the list of Ram-owner related gripes. Some drivers have reported a rough ride on certain road surfaces, as well as poor outward visibility.

Common issues

Because of the possibility of some frustrating and difficult-to-diagnose electronic issues, test-drivers are advised to double and triple check that all interior electronics work as expected, and that no check engine lights are illuminated. A mechanic can also scan the Ram's engine computer for stored trouble-codes, which could indicate a problem.

Have the brakes and tires inspected for signs of excessive wear, visiting a mechanic for assistance. Also have the Ram's underside checked for signs of leaks, dents, scrapes or excessive rust. If the vehicle has been abused or damaged in an off-road setting, this is the time to check.

● JUSTIN PRITCHARD

The specs

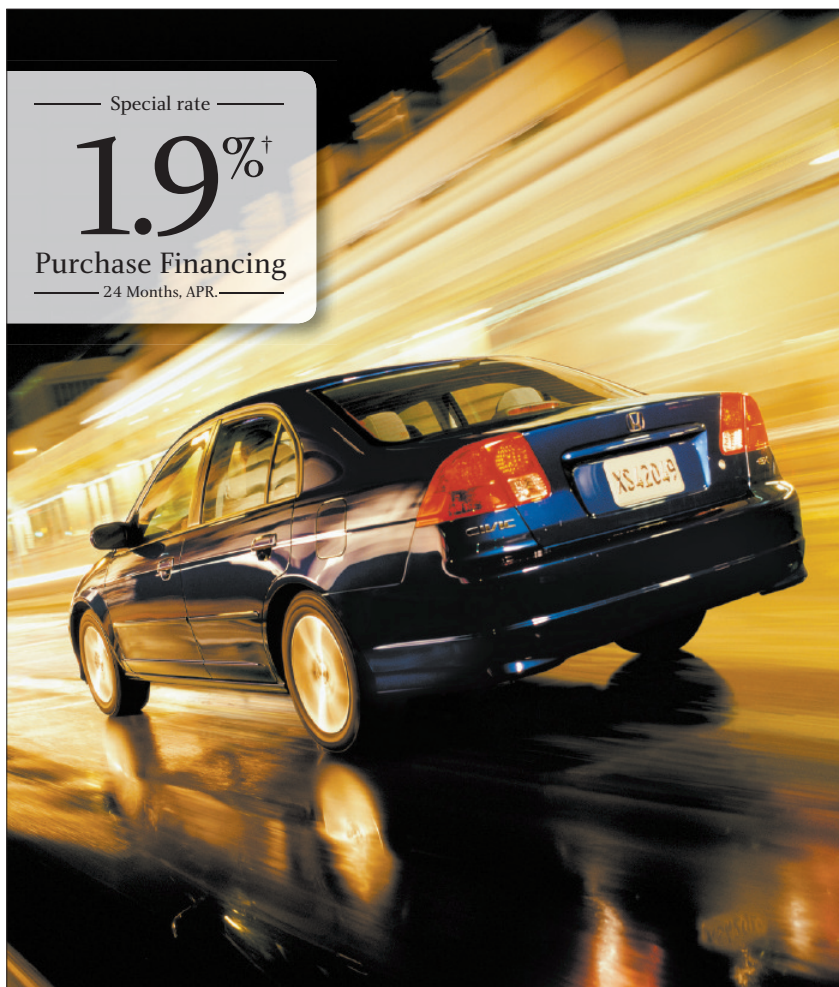
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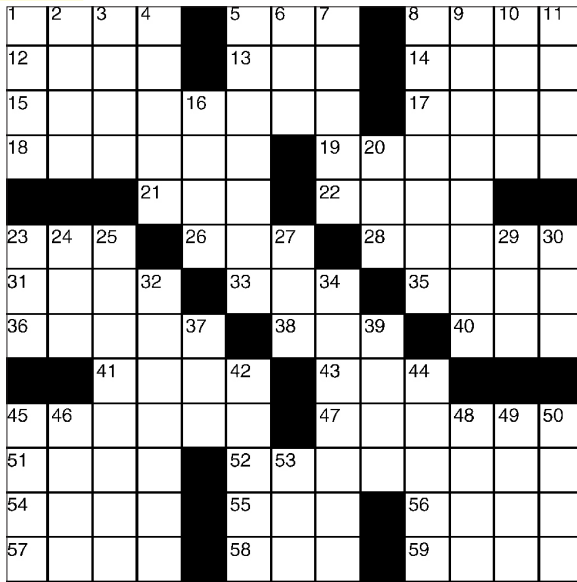
*Limited time financing offer on all Honda Certified Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V (2005-2009 model years). Finance example based on 2005 Honda Civic model: \$10,000 at 1.9% per annum equals \$424.96 per month for 24 months. Cost of borrowing is \$199.04 for a total obligation of \$10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires September 30, 2010.

Crossword

Across

1 Got older
5 A billion years
8 Common rhyme scheme
12 "Clair de —"
13 Lanka precursor
14 Incite
15 You can put a value on it
17 Angry
18 Number-logic puzzle
19 Conflict involving actual fighting
21 Verily
22 Veer
23 Owns
26 Parched
28 Synagogue VIP
31 Monad
33 Sweet potato
35 Fat
36 Black billiard ball
38 Stir-fry vessel
40 Petrol
41 Pay attention
43 Meadow
45 Large fig plant of India

47 Mean
51 Lip
52 Downtown street
54 Perfectly
55 Praise in rhyme
56 Pealed
57 Jason's ship
58 Neither mate
59 BPOE members
Down
1 Heidi's range
2 Mentor
3 Oklahoma city
4 Fake duck
5 Ocean inlet



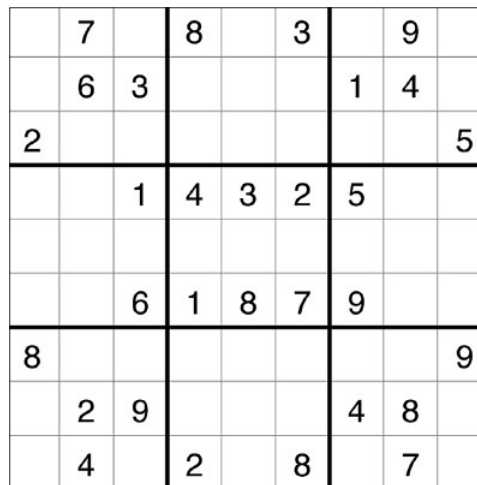
6 Man-mouse link
7 Dark period
8 Southern
9 Bring lunch to work
10 Taj Mahal city
11 Milwaukee product
16 Managed, with "out"
20 Jointly possessed, perhaps
23 Shade
24 Singer DiFranco
25 Pie in the face, for one
27 Deviate off course
29 Bikini top

30 Egos' counterparts
32 In that direction
34 More spoiled, as bread
37 Links prop
39 Acute
42 Minion of Mephistopheles
44 Violinist Rieu
45 Early software version
46 Stench
48 Exam format
49 Sherman, e.g.
50 Early birds?
53 Kerfuffle

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	9	1	2	4	3	6	7
7	2	4	9	6	3	8	1	5
3	6	1	5	7	8	2	9	4
6	4	8	2	3	9	5	7	1
1	3	7	4	8	5	9	2	6
2	9	5	7	1	6	4	3	8
9	8	6	3	4	7	1	5	2
5	7	2	8	9	1	6	4	3
4	1	3	6	5	2	7	8	9

A look at the weather

TODAY
Min 4°
Max 13°

THURSDAY
Min 4°
Max 16°

FRIDAY
Min 2°
Max 10°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 You may feel restless but don't wander far from home base because what you discover in your immediate environment will be of more use to you than what you discover some place else.

♉ Taurus April 21-May 21 Focus on work and business issues and don't let your mind wander for even a moment.

♊ Gemini May 22-June 21 It may seem as if everyone but you is having fun but that is an illusion. The Sun in Virgo can weigh you down with responsibilities and heavy thoughts and make you feel gloomy but give it time and it will pass.

♋ Cancer June 22-July 22 You

may not enjoy what you have to do today but the simple fact is you have no choice in the matter. However, if you knuckle down and do what is expected of you some Very Important People will be impressed.

♌ Leo July 23-Aug. 23 You need to be more flexible in your thinking. Yes, really. There is a world full of opportunities out there

♍ Virgo Aug. 24-Sept. 22 Why so anxious? Why so sure that something nasty is about to happen just when you feel at your most vulnerable? Whatever the reason, snap out of it!

♎ Libra Sept. 23-Oct. 23 Saturn in your sign is making you

For today's crossword answers and for expanded horoscopes, go to metronews.ca

somewhat cautious at the moment but if you make a mental effort to reach out and interact with the world

♏ Scorpio Oct. 24-Nov. 22 Don't fret if you lose something valuable today because the planets suggest you will soon fill the gap with something that is worth even more.

♐ Sagittarius Nov. 23-Dec. 21 Force yourself to get up and go out with a wild group of friends today. You've never been the sort to sit at home brooding on your troubles, such as they are, so why start now?

♑ Capricorn Dec. 22-Jan. 20 If you adopt a more positive attitude today you will quickly

recognize that what others are moaning and groaning about is of no concern to you at all.

♒ Aquarius Jan. 21-Feb. 18 Don't give in to emotional blackmail today, even if it seems like the easy option. If you give others the impression that you can be easily manipulated they will be on your case from sunrise to sunset, and beyond.

♓ Pisces Feb. 19-March 20 Take care what you say over the next 24 hours. People in positions of power are unlikely to look kindly on you if they think you are being a disruptive influence. Your complaints may be justified but don't make them too loud.

● SALLY BROMPTON

Caption contest



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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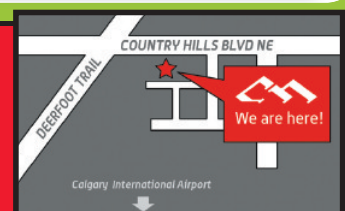
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